



# FlyDog Yoga



## 200 Hour Power Vinyasa Teacher Training

### Letter of Application

The director of the program will review applications, and admission will be based on experience, enthusiasm, and willingness to teach yoga in a safe and selfless way. Please feel free to attach any additional pages to your application. Send your application in along with a \$250 deposit to hold your place in the program. The deposit goes toward your overall cost of tuition.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

How did you learn about the teacher certification program?

Practice  Website  Yoga teacher recommended it

Friend  Flyer  Yoga Alliance  Other: \_\_\_\_\_

### Medical History

Please complete the medical information below so that we can be sure to respond to any emergencies should they arise during your training. Please note that none of the responses would exclude you from being accepted into the training.

How would you evaluate your current health?

Excellent  Good  Fair  Some Challenges (Briefly Describe)

\_\_\_\_\_

Do you have any health problems that might limit your ability to participate fully in the program? Please list any injuries, illnesses, surgeries, mental health concerns, medications etc that might be relevant.

\_\_\_\_\_

Contact Eliza at [info@flydogyoga.com](mailto:info@flydogyoga.com) <mailto:yogawitheliza@aol.com> or at (434) 964-1964.

About You:

1. Describe your yoga practice. How long have you been practicing yoga? How often do you currently practice?
2. How has yoga impacted your life? What do you love about it? What qualities does it enhance in your life?
3. Why do you want to attend teacher training? What do you hope to experience and learn?
4. Which yoga teachers have been most influential in your life (local or national level)?
5. Do you have any concerns or fears about participating in teacher training? If so, what are they?
6. Any additional questions or comments?